

# October

## Holiday Safety

### Cooking with Kids

- Unattended cooking fires are the number one cause of house fires in this country
- Never leave a child unattended in the kitchen
- Never hold a child while cooking
- Place hot foods and liquids away from the edges of counters, tables, and stoves
- Turn all pot handles toward the back of the stove
- If a fire should occur in a pan, slide a lid over it to extinguish the fire

### Poisonings

- Poisonings take only an instant and children are most at risk
- Always check with caregivers to prevent double-dosing and keep all medicines in a locked place
- Child-resistant caps are preferred but are not fool-proof
- Discard expired medications in garbage
- For more information [www.poison.org](http://www.poison.org)

### Halloween

- See & Be Seen! Use reflective tape on bags, costumes, shoes, etc., and use face paint instead of masks
- Accompany children who are trick-or-treating
- Walk—never run
- Adults should always check treats for signs of tampering
- Supervise pumpkin carving and use a child-safe kit
- Consider a Halloween party in lieu of trick or treating outside

### Driving Safety

More crashes occur in fall and winter than other seasons. Darker, colder conditions call for different driving tactics. Give yourself extra time to reach your destination safely. Drive with your headlights on.

- Look carefully for bikes and motorcyclists—they are small and hard to see
- Drive for conditions. Don't get overconfident with four-wheel drive. It won't help you stop any faster
- Slow down in inclement weather and maintain extra distance between you and other vehicles
- Slow down when approaching intersections, off-ramps, bridges or shady spots. These all have potential to develop black ice.
- Avoid abrupt actions while steering, braking or accelerating to lessen the chances of losing traction and control of the vehicle
- Look farther ahead in traffic. Actions by other drivers will alert you to problems and give you extra time to react
- Trucks take longer to stop. Don't cut in front of them

Inset photo: Clackamas County Sheriff's Office